



2. Hennesee Panorama Lauf  
Meschede - Hennesee / 05.10.2014

Detailed evaluation

**Berghoff, Karla**

Club: SGV-Stockum  
Number: 744

Course: 10.00 km  
10.000 m Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:02:38

Speed: 9.58 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 22 (of 26)  
Rank in course/Women: 13 (of 17)

Best time in course: 46:59

Rank in category: 1(of 1)  
Best time in the category: 1:02:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Control	5.00	32:10	6:25	1	-	14	8:44	5.00	32:10	6:25	1	-	5	2:31
Finish	5.00	30:28	6:05	1	-	12	6:55	10.00	1:02:38	6:15	1	-	13	15:39